


Instructions for Using the Adult MVM Calculator

Use the label information from your bottle to enter the specific ingredient amount per serving (not the % Daily Value).


Supplement Facts		
Serving Size: Two (2) capsules		
	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.		

The calculator screen will show a default number for each ingredient for adult MVMs, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the % difference from label for the mean prediction.

1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.



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Dietary Supplement Ingredient Database

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Adult Multivitamin/mineral Calculator

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Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
<input type="checkbox"/>	Vitamin C	100 IU (4 - 1000)	108 IU	1	11	8.3%
<input checked="" type="checkbox"/>	Vitamin E	50 IU (9 - 121)	52.9 IU	0.58	5.7	5.8%
<input type="checkbox"/>	Thiamin (vitamin B-1)	1.5 mg (0.2 - 150)	1.4 mg	0.026	0.24	-6.4%
<input type="checkbox"/>	Riboflavin (vitamin B-2)	1.7 mg (0.2 - 100)	1.94 mg	0.048	0.43	14%
<input type="checkbox"/>	Niacin (vitamin B-3)	20 mg (9 - 150)	20.2 mg	0.29	2.6	0.89%
<input type="checkbox"/>	Vitamin B6	2 mg (1 - 100)	2.11 mg	0.036	0.3	5.4%
<input type="checkbox"/>	Folic Acid (folate)	400 mcg (50 - 800)	453 mcg	6.3	70	13%

2. Select the 'Save' link near the top of the page.



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<input type="checkbox"/>	Vitamin C	100 IU (4 - 1000)	108 IU	1	11	8.3%
<input type="checkbox"/>	Vitamin E	30 IU (9 - 121)	31.8 IU	0.37	3.4	6%
<input type="checkbox"/>	Thiamin (vitamin B-1)	1.5 mg (0.2 - 150)	1.4 mg	0.026	0.24	-6.4%
<input type="checkbox"/>	Riboflavin (vitamin B-2)	1.7 mg (0.2 - 100)	1.94 mg	0.048	0.43	14%
<input type="checkbox"/>	Niacin (vitamin B-3)	20 mg (9 - 150)	20.2 mg	0.29	2.6	0.89%
<input type="checkbox"/>	Vitamin B6	2 mg (1 - 100)	2.11 mg	0.036	0.3	5.4%
<input type="checkbox"/>	Folic Acid (folate)	400 mcg (50 - 800)	453 mcg	6.3	70	13%
<input type="checkbox"/>	Vitamin B12	6 mcg (1 - 100)	6.51 mcg	0.16	1.4	8.6%
<input type="checkbox"/>	Calcium	162 mg (25 - 512)	185 mg	3.1	24	14%
<input type="checkbox"/>	Iron	18 mg	18.2 mg	0.15	1	0.96%

Internet | Protected Mode: On

3. Assign a profile name to each set of calculations.

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Assign a name for this profile of calculations.

Profile Name:

There are some fields unchanged. Do you want to include default values, or save modified data only, or save checked data?



[Include Default Values](#) | [Use Checked Data Only](#) | [Cancel](#)

						% Difference From Label for Predicted Mean
<input type="checkbox"/>	Riboflavin (vitamin B-2)	1.7 mg (0.2 - 100)	1.94 mg	0.048	0.43	14%
<input type="checkbox"/>	Niacin (vitamin B-3)	20 mg (9 - 150)	20.2 mg	0.29	2.6	0.89%
<input type="checkbox"/>	Vitamin B6	2 mg (1 - 100)	2.11 mg	0.036	0.3	5.4%
<input type="checkbox"/>	Folic Acid (folate)	400 mcg (50 - 800)	453 mcg	6.3	70	13%

4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile.

- To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page.

NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.

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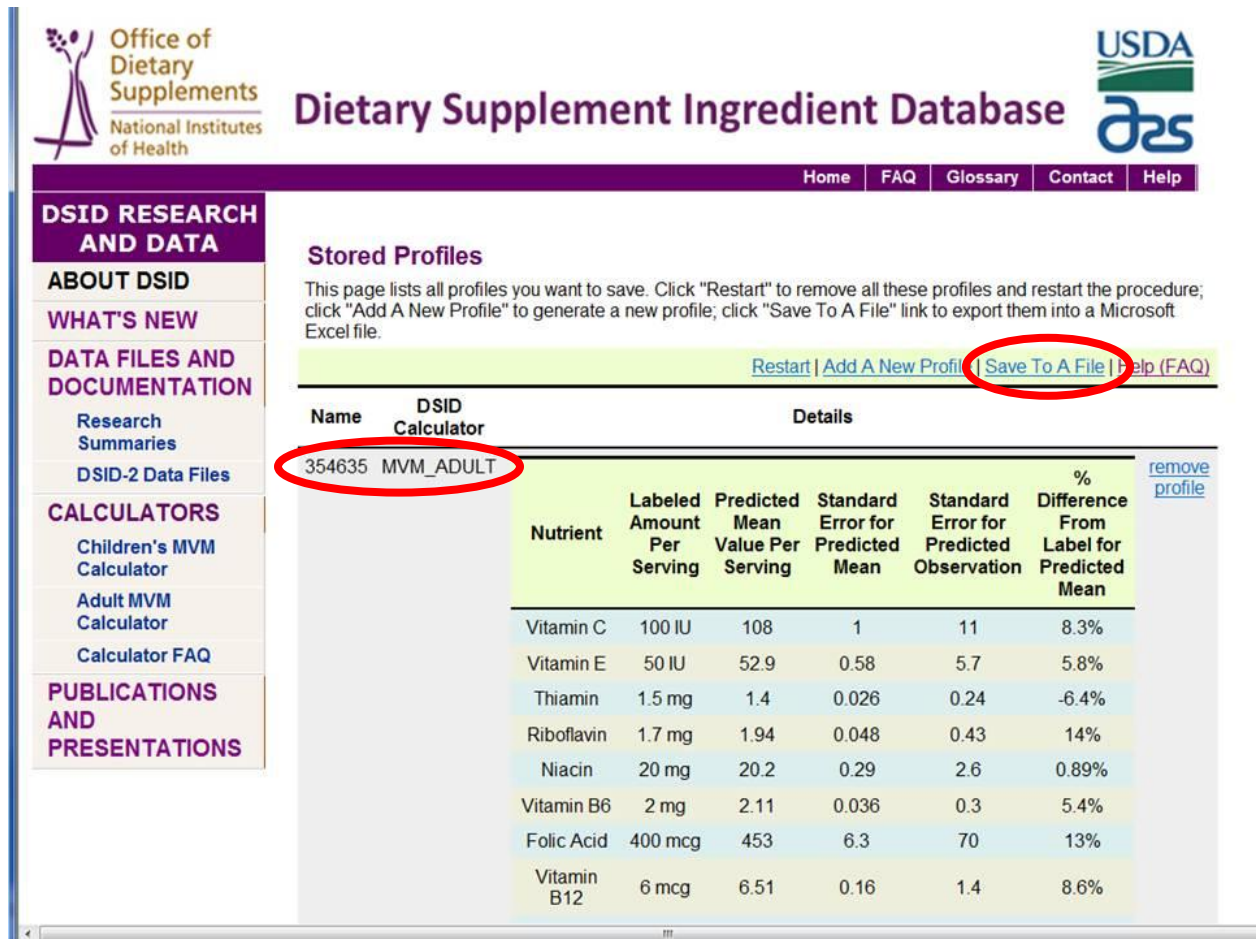
Stored Profiles

This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Save To A File" link to export them into a Microsoft Excel file.

[Restart](#)
[Add A New Profile](#)
[Save To A File](#)
[Help \(FAQ\)](#)

Name	DSID Calculator	Details						
354635	MVM_ADULT	Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean	remove profile
		Vitamin C	100 IU	108	1	11	8.3%	
		Vitamin E	50 IU	52.9	0.58	5.7	5.8%	
		Thiamin	1.5 mg	1.4	0.026	0.24	-6.4%	
		Riboflavin	1.7 mg	1.94	0.048	0.43	14%	
		Niacin	20 mg	20.2	0.29	2.6	0.89%	
		Vitamin B6	2 mg	2.11	0.036	0.3	5.4%	
		Folic Acid	400 mcg	453	6.3	70	13%	
		Vitamin B12	6 mcg	6.51	0.16	1.4	8.6%	

6. In the next window, view your results and save them by selecting 'Save To A File' and filling in the name of your file.



The screenshot shows the 'Dietary Supplement Ingredient Database' website. The left sidebar contains navigation links: 'DSID RESEARCH AND DATA', 'ABOUT DSID', 'WHAT'S NEW', 'DATA FILES AND DOCUMENTATION', 'Research Summaries', 'DSID-2 Data Files', 'CALCULATORS', 'Children's MVM Calculator', 'Adult MVM Calculator', 'Calculator FAQ', 'PUBLICATIONS AND PRESENTATIONS'. The main content area is titled 'Stored Profiles' and includes a description: 'This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Save To A File" link to export them into a Microsoft Excel file.' Below this is a row of links: 'Restart', 'Add A New Profile', 'Save To A File' (circled in red), and 'Help (FAQ)'. A table lists stored profiles with columns: 'Name', 'DSID Calculator', and 'Details'. The first profile is '354635 MVM_ADULT' (circled in red). The 'Details' column contains a table of nutrient data.

Name	DSID Calculator	Details																																																						
354635	MVM_ADULT	<table border="1"> <thead> <tr> <th>Nutrient</th> <th>Labeled Amount Per Serving</th> <th>Predicted Mean Value Per Serving</th> <th>Standard Error for Predicted Mean</th> <th>Standard Error for Predicted Observation</th> <th>% Difference From Label for Predicted Mean</th> </tr> </thead> <tbody> <tr> <td>Vitamin C</td> <td>100 IU</td> <td>108</td> <td>1</td> <td>11</td> <td>8.3%</td> </tr> <tr> <td>Vitamin E</td> <td>50 IU</td> <td>52.9</td> <td>0.58</td> <td>5.7</td> <td>5.8%</td> </tr> <tr> <td>Thiamin</td> <td>1.5 mg</td> <td>1.4</td> <td>0.026</td> <td>0.24</td> <td>-6.4%</td> </tr> <tr> <td>Riboflavin</td> <td>1.7 mg</td> <td>1.94</td> <td>0.048</td> <td>0.43</td> <td>14%</td> </tr> <tr> <td>Niacin</td> <td>20 mg</td> <td>20.2</td> <td>0.29</td> <td>2.6</td> <td>0.89%</td> </tr> <tr> <td>Vitamin B6</td> <td>2 mg</td> <td>2.11</td> <td>0.036</td> <td>0.3</td> <td>5.4%</td> </tr> <tr> <td>Folic Acid</td> <td>400 mcg</td> <td>453</td> <td>6.3</td> <td>70</td> <td>13%</td> </tr> <tr> <td>Vitamin B12</td> <td>6 mcg</td> <td>6.51</td> <td>0.16</td> <td>1.4</td> <td>8.6%</td> </tr> </tbody> </table>	Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean	Vitamin C	100 IU	108	1	11	8.3%	Vitamin E	50 IU	52.9	0.58	5.7	5.8%	Thiamin	1.5 mg	1.4	0.026	0.24	-6.4%	Riboflavin	1.7 mg	1.94	0.048	0.43	14%	Niacin	20 mg	20.2	0.29	2.6	0.89%	Vitamin B6	2 mg	2.11	0.036	0.3	5.4%	Folic Acid	400 mcg	453	6.3	70	13%	Vitamin B12	6 mcg	6.51	0.16	1.4	8.6%
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7. To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

NOTE: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in DSID documentation.